TURTON SCHOOL YEAR 10 PE KNOWLEDGE ORGANISER – TOPIC 3.2.1/2/3 COMPONENTS OF FITNESS

REMEMBER!
Within sports, a combination of components of fitness is required, but not necessarily all at once or in equal amounts. Marathon runners do not require muscular strength but do need muscular endurance. Good flexibility within their lower body will help improve their stride length. They will also probably have a slim body composition, the main and essential feature is a high level of cardiovascular fitness to enable them to keep running for a long period of time.

Components of Fitness

A person is considered to be physically fit if they are able to carry out all of their daily tasks easily and without becoming fatigued. However, being 'fit for sport' requires a much higher level of fitness than that needed for activities such as walking the dog or gardening.

How would you define each Component of Fitness and the sports that it is associated with?

Component of Fitness	Definition	Sports linked
Cardiovascular Fitness	The ability of the heart and lungs to supply oxygen to the working muscles	Long distance running, aerobics, swimming
Muscular Strength	The ability of a muscle group to develop maximal contractile force against a resistance in a single contraction	Sprint starts, Powerlifting, throwing of a shot putt
Muscular Endurance	The ability of a muscle group to exert submaximal force for extended periods.	Cycling, Rowing, Swimming, Football, Rugby
Flexibility	The quality of bending easily without breaking	Gymnastics, Dance, Tennis
Body Composition	The percentages of fat, bone, water and muscle in the human body.	Bodybuilding, Rugby, Football

What Fitness tests are relevant to each component of fitness?

Component of Fitness	Relevant Fitness test
Cardiovascular Fitness	12 Minute Cooper Run
Muscular Strength	One rep max test. (bench press, squats, deadlift)
Muscular Endurance	Sit up bleep test, Press up bleep test
Flexibility	Sit and reach test
Body Composition	Skin fold callipers